



The Garden-Fresh Vegetable Cookbook

Andrea Chesman

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What to do with a basketful of luscious tomatoes? How to prepare an armload of summer squash? Where to turn for new sweet corn preparations? These are the questions vegetable-lovers grapple with as they pick fresh-from-the-garden produce in their own backyards or from the ever-expanding farmers' markets. Garden-fresh vegetables are so beautiful, yet their freshness so fleeting.

Andrea Chesman is a cook and gardener who knows what it's like to be staring down pounds of vegetables and panicking about how to use them all before it's too late. Simple. Delicious. Planned to fit the season. That's the approach Chesman brings to the 175 recipes she's developed for *The Garden-Fresh Vegetable Cookbook*.

The vegetables are organized seasonally by crop-readiness, with attention paid to combining vegetables that ripen together. All the favorites — spring salad greens, asparagus, broccoli, carrots, peas, potatoes, and more — are included, along with the more unusual — artichokes, endive, rutabagas, and edamame, to name a few. Popular techniques such as roasting and grilling accentuate the flavor in recipes such as Grilled Chicken and Asparagus Salad, Soy- Sesame Grilled Eggplant, and Maple Roasted Carrots. There are many vegetarian options, but even when combined with meat, vegetables get top billing. From Egg Rolls to Borscht, Caponata to Sweet Potato Pie, *The Garden-Fresh Vegetable Cookbook* has dishes destined to please every palate.

To address those nights when the mounds of vegetables are just too overwhelming to try a whole new recipe, Chesman includes fourteen master recipes for simple preparation techniques that can accommodate whatever is in the vegetable basket. Readers need only to learn the basics of preparing a creamy quiche, a bubbly gratin, a basic stir-fry, or a zesty lo mein, and then it's easy to create new meals every month around the freshest assortments of seasonal vegetables.

The Garden-Fresh Vegetable Cookbook is sure to become a favorite for everyone who wants to enjoy their vegetables fresh, local, seasonal, and simple.

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